



MUSIC:
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DOUG RUSSELL HAD A LONG RUN
AT THE HELM **P. 4**



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#LISA ROEHM

Mason jars useful for quick and easy meals

As a busy mom, cancer warrior and health coach, it became clear to me that most people are struggling with healthy eating. We know what we are supposed to eat — five processed foods, more whole foods — but time seemed to be getting in everyone's way. We all need quick and go foods that are healthy.

Easier mason jars. Why? We all seem to have a stockpile of them, and they are environmentally friendly, reusable, dishwasher and microwave safe, portable, surprisingly durable and perfectly portioned.

The first recipe I made was a Greek chicken salad in a jar. My husband and I each took one to work and were satiated by lunch on the



Lisa Roehm

spot. The prepared jar held far more food than what we imagined. Next I made some overnight oats recipes, which were delicious too. More any day.

Running out the door with no time to spare, she could grab a pre-made jar of overnight oats, throw it in her backpack and have a nutritious and filling breakfast on the way to school or later in the morning.

That is when the idea for this eBook was born.

Many of the recipes can be made up to five days in advance, stored in the fridge and used as needed. As a health coach, I always remind clients that meal prep is one of the best ways to ensure healthy eating during the week. Take one to two hours every weekend to prep ahead your breakfasts, lunches and any thing else to make healthy eating easy.

I spent several months researching mason jar recipes and then adjusted them to maximize nutrition and maximize sugar and processed ingredients. If the quality nutrition process didn't get four thumbs up

from my family it didn't make it into the book. These are family friendly recipes that are easy and delicious. The recipes include breakfast, salad, dessert, snack and savory items, desserts, beverages and a few surprise recipes too. There's one you definitely need to try.

I think we all know we should be eating healthy and that diet is vitally important to our overall health. This eBook at \$9.95 was created to make healthy eating easy.

You can find my eBook on Amazon.ca or through my web site (lisa.roehm.com/shop). Let me know what you think of the recipes at lisa@lisa-roehm.com.



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ON THE COVER P. 4



Russell Joo is up for the coverage of the Queen City Marathon in Regina, in 2014. The marathon has grown from humble beginnings in 2007. GO4LE Photo by Troy Fleece.

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Pumpkin Spice White Cream Waffles at 501 First. Photo by Doreen Kottmann.

QC COVER PHOTO BY TROY FLEECE

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Literally walked up to the manager and said: 'How do you start a marathon?' — Doug Russell

QUEEN CITY MARATHON

Russell's marathon run comes to an end

By Terrence McEachern

Doug Russell has run only one more, then.

As it turns out, that marathon is the one he co-founded and served as race director for nine years.

That race, now in its 10th year, was the inaugural Credit Union Green City Marathon on Sept. 30, 2003.

"At its core, the marathon is about giving people a chance to achieve something for themselves and give them their moment of finish-line glory," says Russell, 35, who served as race director from 2005 to 2013.

Russell and a few friends got the idea to try and organize an official marathon one day in the winter of 2000 while jogging around Wisconsin Park.

The group realized that Regina was the only capital city in Canada without a marathon since the Molson Marathon ended in 1980.

So, they approached the recently opened Running Room store to get advice on how to set one up.

"Literally walked up to the manager and said: 'How do you start a marathon?'" Russell explains.

The advice and support they received was from Running Room founder John Stanton, who flew into Regina to meet the potential organizers.

"We never put anything on like this before. We had no experience. We were going into this a little bit blind," recalls Russell.

That inaugural year, Russell expected 600 race participants (instead, 1,375 showed up).

"At that point, we were still doing last-minute, morning of the race registrations. We'd be just overwhelmed with the response. So, we were just scrambling. We had no idea we were going to get that kind of response."

This year, 3,000 people participated in the event, which included the full 42.3 km marathon, a half-marathon (21.1 km), a relay, 10-km, 5-km and mini-marathon (1 km to 1 km)



Doug Russell left, longtime QCM volunteer race director and Shawn Wessner volunteer race director at the Running Room in Regina. GP staff Heather Hornsby/STP

for kids between three and 34 years old.

Race participants can raise money for various charities in the Queen Leader Paul Base-A-Reader Campaign. In 2014, Queen City Marathon Inc. presented Base-A-Reader with

\$5,951.37 and more than \$48,000 in local community groups.

Russell, who now serves as a volunteer member of the board of directors organizing committees, notes a challenge each year is recruiting volunteers. A reason he says is that volunteers help out one year and but

then can't resist participating in the race the next.

"I suppose it's not a bad problem to have," he says.

Another concern that preoccupies his thoughts as race director, especially the night before the marathon, was the weather forecast.

"You don't need it too hot. You don't really have it a little on the cool side. If it rains, how much is it going to rain? Is there any spreading rain-out from the fields? Are the watercourses now flooded? Because you don't want to have an unexpected swim portion (to the race)."

Fast. Slow. Somewhere in the middle. It doesn't matter. When you cross that finish line, that moment is yours and that medal they put around your neck is yours and the pride you take with you is yours — Russell

One marathon that stands out for Russell was in 2003.

Besides it being a very hot day, spring flooding played part of the course, underfoot, so a new route had to be measured again and re-certified. But the night before the race, organizers were also presented with a unique challenge — a dead body was discovered at Wocoma Lake near the course.

"So, part of our course was a crime investigation scene at the very last stretch. Thankfully, the investigation unit was done before our runners had to take to that part of the course," Russell says with a chuckle.

"We had special T-shirts made up for the committee part of the 3 run-voted 2003."

The shirts, Russell further explains, had an extended picture of a runner with a bald man on one side and a blond man on the other. The runner is crossing the finish line, which is a strip of yellow police tape.

Russell was born and raised in Regina. He started working part-time at CROC TV (now CTV Regina) in 1979 while attending Martin College. He remained at the broadcaster for 20 years until moving on to Jaxa Post Production in 2009.

In addition to balancing work commitments, Russell realized early on that trying to do both — participate and organize the race — is extremely difficult.

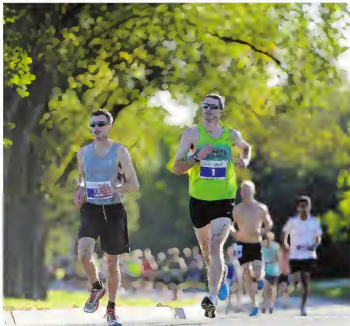
"I sort of had to make a choice to pick one or the other because they both take up so much time. I picked organizing because there is far less time and to depend on the organizing side," he says with a smile.

Russell finished his only marathon to date at 4:30:06 — well below the course record set by Brandon Lusty's 2:04:20 last year. Lusty was again this year. Finishing only five minutes slower than in 2008.

Russell describes his marathon experience as a "very intellectual, almost selfish kind of event."

But he admits the marathon fits his "ego-driven" nature.

"When you are standing near the starting line of a race, you're an your



Kevin Fyfe left and Brandon Lusty lined up at the beginning of the Credit Union Queen City Marathon in Niagara Falls on Sept. 27. Lusty finished the marathon first. Fyfe came in second. (CP Photo by WENDY HILL)

running shorts and running shirt and running shoes, and everyone else around you is wearing the same thing. You could walk at one job and the person standing next to you

could work at another job and there is no levels of status. You're all just runners," says Russell.

"That's like somewhere in the middle. It doesn't matter. When you

cross that finish line, that moment is yours and that medal they put around your neck is yours and the pride you take with you is yours. And, no one is ever going to take that

away from you."

Russell is hoping to find the time to run in next year's marathon.

Continued on Page 6

We looked at the wider pathways (and) we looked at trying to design a course that could get us from the 5,000 number to the 10,000 number without too many changes. — Shawn Weimer



Shawn Weimer, an organizer at one of the founders of the Queen City Marathon, holds a number of the race this year. QCMA is the major funder.

"But to honestly I mean that feeling of crossing across the finish line. You can't duplicate it. It's a one-of-a-kind experience."

The marathon's start line was originally at Douglas Park. It eventually moved to the U.C. Douglas Road, but last year the course was redesigned and the start line moved to the Canaan Arts Centre. Given that the marathon is recognized as a qualifying race for the Boston Marathon, the 52.5 km course had to be re-certified by Athletics Canada.

To do so, the course had to be measured by volunteers as helpers with a laser counter (designed more accurately than GPS) attached to a wheel.

Russell says it took volunteers 80 to 90 hours to measure the new course.

"That's how marathon courses are measured and certified all over the world."

Besides course and starting point changes this year the event had a more noticeable change after the April 15, 2015, Boston Marathon bombings. Some of the new security measures implemented include no bag clear plastic bags for clothing and an increased police presence (uniformed and plain clothed) at the event.

"Certainly we had to start thinking more about our event from a security standpoint. We made some changes that year that are still in effect for this year... to try and protect our participants," says Russell.

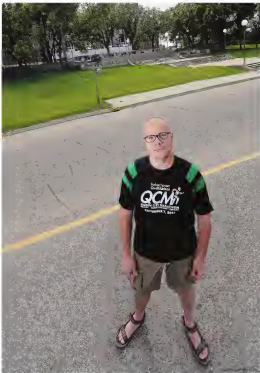
Ted Joleta is an accomplished distance runner and a member of the Saskatchewan Sports Hall of Fame. In 1995, *Runner's World* Magazine ranked Joleta seventh in the world as the Masters Division for distance running.

Joleta ran the full marathon in 2013 and 2015, finishing second and third, respectively. He didn't run the race this year, but did look it over the new course. Compared to previous courses, Joleta says this year's had more twists and turns.

The general public may not be bothered by this, but for a runner worried of injury, Joleta says the course could be an issue. Also, the number of road closures on race day could bother some people in the community.

Brian McJannet says what stands out about the QCMA is the commitment from the community and from volunteers.

Joleta's wife Mary Jo participated this year as well as about 30 members of the Joleta Family running group. Ted says he might run next year.



Shawn Weimer, Queen City Marathon vice director, stands outside the Canaan Arts Centre in Regina. QCMA PHOTO BY TROY FLEISCH

MUSIC

SASKATCHEWAN MUSIC SCENE

Living — and singing — in harmony

By Sean Tremblath

From the first time Jen Lane and John Antonak joined in 2003, it was clear they shared a connection.

"I think it was pretty obvious right away. Three weeks later we started dating and four years later we got married. I think we both knew we belonged together in one way or another," Antonak says.

Since then their lives have been completely intertwined both onstage and off the stage, backing on his guitars and he on hers. They have collaborated constantly, but only with their most recent albums have they shared top billing.

Jen and John released in 2011, *Between Just the Two of Them*. The album is understated, with folk

and country vibes driven primarily by their voices. It's lower key than the work released under just her name, or the Antonak's solo project *Residuals*, most of which featured a full band.

The album was inspired by small venues where the pair played before their longer tours. The two of them would play stripped-down versions of songs from their solo albums. Antonak tracks they loved, telling stories of their marriage and their music. Afterward, listeners were disappointed there wasn't a recording that reflected these shows.

"We would go to these acoustic shows together and people would say 'I wish that. Do you guys have anything together?' " Lane says.

"They recorded some demos with the intention of set up and found they really liked the sound."

"Life has been kind to us, and very generous, and we feel like we're kind of always on the right place at the right time, and when that project was coming together it was just a natural process," Antonak says.

"Working without a full band felt like a throwback to the early days, when both would play by themselves around Saskatoon."

"I think there was a freedom to it. I started like that. *Residuals* was just me and a guitar up on stage," Antonak says.

It also meant consistently being together. This mixing of business and pleasure is something the duo feel is people with early.



Jen Lane and John Antonak, who have performed on each other's albums, have made a musical together, *Just the Two of Them*, by Sean Tremblath.

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MUSIC

"We were cautious of that at the beginning, but we couldn't help it. We just kind of fell for each other," Lane says.

Like any couple — or any band — there is friction at times, but both are pretty grateful for the opportunity to always be in each other's lives.

"We can drive each other crazy sometimes, but I'd way rather be doing that than doing it without him," she says.

Not surprisingly for a pair that has been so prolific, they are already looking forward to their next projects. The most immediate is Lane's next solo album, scheduled for release in March. That will come with singles, radio promotion and new tour, back with the full band set up.

The success of the duo and John town has also sparked the idea for a live album. They hope to capture their onstage chemistry.

"The thing the album is missing that a lot of people comment on is

the banter. They like the musical banter between songs and the story telling about songs," Lane says.

They plan to record live outside of their home. They recorded some stuff on a recent West Coast tour, and their upcoming show at the Element in Saskatoon Oct. 3 will also be captured.

There isn't a specific time frame for the live release. Lane's album will be the focus for the immediate future. At some point Antzick will release more Saskatchewan material, but they are wary about looking too far past the next thing.

"You can make the plans, and write down what you want to do, and whether it's recording, writing, any of it. It never really works out the way you planned," Antzick says.

For now they will continue to enjoy the ride and the opportunity to spend it together.

"I feel very lucky that the two of us have found each other in this life, and found each other in our music."



JOHN LANE AND JOHN ANTZICK IN THEIR SASKATOON HOME. QC PHOTO BY JAMES HARRIS

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RECIPE

#PUMPKIN SPICE WAFFLES

Flavours a change from the original

By Renee Kohlman

Everywhere you look there are signs that fall has officially taken — from the crunch of golden leaves underfoot to the machines working furiously to harvest this year's crop. I learned some stats recently that impressed the heckles out of me. Did you know that more than 40 per cent of Canada's farmland is here in our beautiful province? There are almost 27 000 farms in Saskatchewan, with grain, oilseed crops, livestock, and beef being the most popular types, but with smaller niche crops such as canola and hardheart on the rise.

In 2011, Saskatchewan produced 96 per cent of Canada's total 89 per cent of chickpeas, 81 per cent of durum wheat, 43 per cent of flaxseed, 78 per cent of mustard, 84 per cent of dry peas and 10 per cent of canola seed. Of that Saskatchewan exports more than \$1 billion in annual goods, silage, grains and edible oils. We are a world leader in producing the food required by the fastest-growing countries. We are essentially feeding the world. These are big numbers, important numbers. The next time I'm cruising down the highway and I see a farmer working his fields I'd add my hand to him in gratitude. It's something to thank so. I think going roles around in a couple of weeks.

Nothing else on my mind of late is pumpkins and all of these glorious warm signs that autumn is here. You know the ones, vineless, waxy, zinger confections. They're purely delicious with pumpkin, thus the internet party music explodes with this combination, and Christ yes, I don't mind. I love pumpkin. I love the spices. I love them together. And I have waffles.

These waffles were born mostly from my need to use up some sour milk in my fridge. I thought throwing away food and I rethink the choice to turn something almost off into something totally delicious. Sour milk adds a tanginess



Pumpkin spice is a key ingredient of Pumpkin Spice Whole Grain Waffles. PHOTO BY RENEE KOHLMAN

and tenderness to baked goods, but if you don't have any on hand, that's terrible, will do just fine. I pumped up the nutrition of these waffles with the addition of whole wheat flour, ground flax and oats — all of the good stuff that the Saskatchewan farmers are harvesting right now. These are hearty substantial waffles as in you won't want to eat more than two, maybe three, but really should you be eating more than three? You know those pork ribs that catch the melted butter and maple syrup? That's the best thing about eating waffles. And the whipped cream. That's the second best thing about eating waffles. If

you're on the healthy eating train and want to swap out the whipped cream with Greek yogurt stirred with a little maple syrup, then by all means go for it. I salute your will power.

I'm a huge fan of these waffles. The flavours here are a nice change up from the straight-up waffle, plus your house will smell warm and cozy as you stir your way into autumn, otherwise known as the season of pumpkin spice.

Pumpkin Spice Whole Grain Waffles

> 2 1/2 cups batter, cooked

- > 1 cup pumpkin puree
- > 2 large eggs
- > 1/4 cups buttermilk or sour milk
- > 1 tsp vanilla
- > 1/2 cup maple syrup
- > 1 cup whole wheat flour
- > 1 cup all-purpose flour
- > 1/2 cup ground flax seed
- > 1/2 cup large flake oats
- > 1/2 cup baking powder
- > 1 tsp baking soda
- > 1 tsp cinnamon
- > 1/2 tsp nutmeg
- > 1/2 tsp ginger
- > 1/2 tsp salt
- > pinch of clove

Instructions

In a medium bowl whisk together the melted butter, pumpkin, eggs, milk, vanilla and maple syrup. In a large bowl combine all dry ingredients. Stir the wet into the dry until combined.

The batter will be thick. Heat your waffle iron and drop batter onto iron. You may have to push it to the edges. Cook waffles according to your waffle iron's directions or until golden and crispy. Keep waffles warm in a 200 F oven until all batter is used up. Makes about 18 waffles. Serve warm with butter, maple syrup and lightly mentioned whipped cream.

IN THE CITY

SEPTEMBER 26, 2015 — 3:26 P.M.

Til death do us part



Comer drags Janet Goodles approaches members of a candle walk held at the City Square Plaza in Regina on Saturday. (AP Photo/Mark H. Moore)

GARDENING

GARDENING IN SASKATCHEWAN

Some ornamental onions worth a try

By Allan Daku

Ornamental onions, generally known by its genus (*Allium*), are a diverse group of plants, several but not all, of which are *True Hardy*. Many of the taller (and heavily and vertically) ornamental onions are simply not hardy through most of the region. While *Allium giganteum* may survive in a sheltered location, it's not fully dependable. Its cultivars, such as *Chalcidius* and *Chalcidius*, are even less hardy. *A. crispum* and *A. scaberrimum* should also be included in this category.

Among the more recent introductions to Prairie Canada, is *A. virgatum*. Hair, a somewhat odd but very attractive ornamental onion

that produces a cluster of tiny purplish bellies among which and from which emerge a profusion of thin green threadlike leaves, evoking the thinnest of a soap bowl, hence the name. True but, it has proven hardy in Edmonton and is worthy of trial elsewhere.

New on the shelves, but so far untested, are two *A. giganteum* selections. *Silver Spring* has a large ball of white flowers each with a purple white centre and a red wash along the central nerve of each petal. *Drummond's* (they claim called *Summer Drummond's*) purports to be the largest *A. giganteum*, yet, with purple flower centres reaching 10 cm of meter tall scapes.

Less common hardy species worth

trying include:

- *A. vinegararum* (15-20 cm) has rich burgundy flowers that dry well.

- *A. obliquum* (10-15 cm) and greenish-yellow flowers in high domes were held in late June through mid-July.

- *A. ribbortii* (20-30 cm) is less hardy but worth trying in a protected spot because of its unique flower heads. Up to 10 self-blau flowers are borne on stalks of differing lengths. The umbel is up to 30 cm across and resembles a starburst of fireworks.

- *A. stipitatum* (20-30 cm), a Prairie native with pink flowers has become quite rare in the wild due to habitat destruction.

- *A. textile*, another Prairie native, is shorter (10-15 cm) with white or very pale pink blossoms.



Allium virgatum - more in short line

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GARDENING

• *A. crinitum* has a bell-shaped, purple flowers in mid-summer. Although it grows daisy-like among the flowers, it is not aggressively invasive.

• *A. rubicundum* (20-35 cm), native to Lebanon with white bell-shaped flowers has adapted well to Prairie gardens.

• *A. sinuatum* (more correctly *Meda roseodentata sinuatum*) (20-35 cm) leaves pinkish, down-facing bells best needs a protected environment.

• *A. natans*, the shape since (45 cm) is green in early for its height is for its flowers. The leaves are (1/2 inch) 1 cm wide, a glaucous blue colour with two or three characteristic teeth in each leaf. It has bell of late flowers 18 cm in diameter in early summer. Individual plants produce 10 to 100 flowering spikes and are very opening in full flower. It is known, it is a good seed — dead heading in maturity.

• *A. senensis* is variably identified to *A. natans* in form, but has strong green life, deep green leaves and rose-

purple flowers.

• *A. monensis* is also known as honey puff. Tall at 75 cm, it produces clusters of white, very fragrant flowers in late June. While it sets seed and spread slowly it is not aggressive.

• *A. tuberosum*, widely known as Chi seed or giant daisy, is very similar to *A. monensis* but blooms in September bearing late season robust and texture.

• *Perovskia* is a lovely pink downed selection of common chives (*A. schubertii* prostrata). Described as it readily crosses with the common form and produces only purple offspring. Divide the early or plant for additional pink-downed chives.

Anna Coker is a retired Saskatchewan-born horticulturist.

This column is provided courtesy of the Saskatchewan Perennial Society (SPS) (www.saskperennial.org, horticulturist@perennial.org). Check out our Bulletin Board or Calendar for upcoming garden exploration events, workshops and tours.



SPS Perennial Society. Photo by SPS member.



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Send events to QC@leaderpost.com

MUSIC

Wednesday, Sept. 30

Wednesday Night Folk: Billerney Bushwacker, 2206 Dewdney Ave.

The Alley Drags
Lewellyn's, 2530 Albert St.

Joe Seemuth, Joshua Hyslop
The Exchange, 2431 6th Ave.

BrownFiler
Artful Dodger, 1631 11th Ave.

Thursday, Oct. 1

Live music
Pet Dodger, 1652 South St.

Kasoko
8 p.m.-2 a.m. The Sp, 306 Albert St.

Scarlett Jane
The Exchange, 2431 6th Ave.

Live on 11th CITTU Local Night
Artful Dodger, 1631 11th Ave.

Friday, Oct. 2

Live music
4-7 p.m. Morish Lounge, Hotel Saskatchewan, 2125 Victoria Ave.

Weekly Drum Circle
Instruments provided
7:30-9 a.m., The Living Spirit Centre,
2001 Dean Dr. Call Mike, 306-550-3911

Kasoko
8 p.m.-2 a.m. The Sp, 306 Albert St.

The Wirt Secrets, Kalle Mattsson
Orion's, 1947 South St.

Emerson Drive
Casino Regina Show Lounge
1610 Saskatchewan Dr.

Live music
Edmonton, 2350 Dewdney Ave.

CITTU Red Hot on Windup concert
The Exchange, 2431 6th Ave.

Peri Nolas, The Faceplants, Almost Allen, Newmans
The Club at the Exchange
2436 6th Ave.



Singer-songwriter Ron Saunders will be performing Monday at the Exchange. facebook.com/hut-n-voro

Method 2 Medicine
McNally's, 2206 Dewdney Ave.

Saturday, Oct. 3

Open Acoustic Jam
3:30-4 p.m. Broadway's Lounge, 1307
Broadway Ave.

Live music jam
All types of music welcome. Hosted
by David Williams.
4-8 p.m. The Sp, 306 Albert St.

Kasoko
8 p.m.-2 a.m. The Sp, 306 Albert St.

Call into radio

5 p.m. Broadway's Lounge, 1307

Broadway Ave.

Kris Craig
The Capital, 1843 Hamilton St.

Method 2 Medicine
McNally's, 2206 Dewdney Ave.

Live music
Edmonton, 2350 Dewdney Ave.

Sunday, Oct. 4

Open jam
3-5 p.m. Mugs Club, 635 Victoria Ave.

Kasoko
8 p.m.-2 a.m. The Sp, 306 Albert St.

Ben Kander
Artful Dodger, 1631 11th Ave.

Monday, Oct. 5

Monday Night Jazz & Blues
Bushwacker, 2206 Dewdney

Kasoko
8 p.m.-2 a.m. The Sp, 306 Albert St.

Open Mic
Artful Dodger, 1631 11th Ave.

Tuesday, Oct. 6

Acoustic music
Rebellion, 1601 Dewdney Ave.

Kasoko
McNally's, 2206 Dewdney Ave.

Kasoko
Artful Dodger, 1631 11th Ave.

Vox Vulture Trio
The Capital, 1843 Hamilton St.

VISUAL ART

Terri Fideles: Solastalgic Dream
New work that explores repetition
and melancholy.

Opening reception: Sept. 30, 7 p.m.
Until Oct. 15. Vogue Gallery, Creative
City Centre, 1843 Hamilton St.

Margaret and David Jessup Mythe
Nature and Landscape

Printings of Canadian landscape
painter Nicholas Fine Arts sale

Until Sept. 30. Regent Centre Crossing,
1631 Albert St.

Love at First Sight

Explore the collection of Dr.
Morris and Janet Shemlacher
Highlights of the exhibition focus
on the collection of fruit, world,
and Western Canadian art that
began in 1964.

Closes in November Oct. 3, 2
p.m.
Until Jan. 3. McKenzie Art Gallery,
3473 Albert St.

Todd Dennerheiser Moeel

Photography and artworks inspired
by the artist's battle with mental
illness.

Reception: Oct. 3, 8 p.m.
Artful Dodger, 1631 11th Ave.

Function to Fantasy

A multi-artist exhibition focused on
function, the social and the one-
manal.
Until Oct. 3. State Fine Art Gallery,
2015 Halifax St.

Sensory Art

The Sensing Art residency project led
by artist Chrystine St. Arty's ex-
hibition of artwork made by low-visioned
program participants.
Oct. 4, 1 p.m.
Begins at the MacKenzie Art Gallery,
3473 Albert St. Business for the
Dunlop Art gallery at 2 p.m.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

His House: Dress Codes

Exploring gender identity, self-image and self-expression, this exhibition includes portraits of some of Huszar's long-time models in the way they wished to be portrayed, rather than in the roles they so easily play as actors in staged tableaux.

Until Oct. 11, Art Gallery of Regina, Neil Sookill Civic Arts Centre, 2640 Elphinstone St.

Mark Sautter: Oskamee Viewed

Bold landscapes of overlooked areas on the grounds of the University of Regina in Saskatoon Park.

Until Oct. 18, University Club, Room 210, College West, University of Regina

Zane Wilcox: Stripes and Folds

Until Oct. 17, Meta Gallery, 105 2300 Bessie St.

Autumn Group Show

Housley Gallery, 2146 Albert St.

Summer in Contemporary Canadian Film Art

Works of art explore Canadian landscapes and wildlife.

Until Oct. 31, South Metropole Film Arts, Regina's Centre Crossing, 1620 Albert St.

Dagmara Gendek: Busting the Bush

In London, Polish-Canadian artist Dagmara Gendek took hundreds of photographs of ever common-leaved hedge that was sculpted into non-regular forms. The resulting collage project explores attempts to divide and control nature.

Until Nov. 4, Dunlop Art Gallery - Sherwood Village Branch, 5120 Woodbine Blvd.

Barbara Menaloff: Keeping the Types

The artist responds herself stacking dozens of books to block her anxiety, sealing herself off from the world. Treasured behind this barrier of smaller books, Menaloff literally dips into the words on printed pages in effort to find freedom in the text.

Until Nov. 14, Dunlop Art Gallery, Metrolink - Central Branch, 2311-12th Ave.



Reverence celebrates its 20th anniversary in Regina next week. PHOTO BY JACK KATZKE

Edition Addition 2

A continuing cross-section of permanent-collection prints (edition numbers 38-57) by artists including Andy Warhol, Mary Pratt and Shouneel Ashooni. The edition number is a lot of a giveaway — a unique identification tag. For something that is not unique, making the print's owner only somewhat special.

Until Nov. 22, Muskegon Art Gallery, 3475 Albert St.

Brooke Powell (Re)teaching the Camera

This exhibition surrounds the viewer with 200 portraits of indigenous artists and countries. Tinkered in the midst of the war black and white portraits are images of a horror sort: small canvases that reveal the family abuses of POWs childhood.

Until Nov. 22, Muskegon Art Gallery, 3475 Albert St.

Asimbo's Gallery

2388 Tenth St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Nautil Ground

223-1506 South St.
Open Tuesday to Saturday, 7 a.m.-5 p.m.

Painted Art Gallery

Represents indigenous visual art practices, culture and history found in the province of Saskatchewan, Canada and globally.
Monday-Friday, 9 a.m.-4 p.m., First Nations University, 1 First Nations Way

COMEDY

The Laugh Shop

Live standup every Saturday night, 9:30 p.m.
Bernardo Hotel, 1058 Victoria Ave.

PERFORMANCE

The Same Katre

Heidi Theatre
Sept. 30-Oct. 6
The Artscape, 2527 14th Ave.

GOYA! Twelve Ours

A multi-disciplinary theatre piece based on the work of the great Spanish painter Goya. Five of his most brilliant works come alive with classical music, live film, movement, and live VJ and DJ action.
Oct. 2-3, 7:30 p.m., U of Regina
Centre for the Arts

Reverence

Oct. 5-7, 7:30 p.m.
Corvus Arts Centre
200 Lakeshore Dr.
All Shows Up
The year is 1955 and despite the Midwest is a town that forbids music and dancing. A motorcycle-riding

robot is ready to break all the rules. Inspiration and featuring the songs of Fyfe Dingley.
Until Oct. 11, Globe Theatre, 1801 South St.

Living Pearls Society

Spoken word/sensory night
Every Tuesday, 9 p.m.
Hookah Lounge, 215 Broad St.

DANCING

Scottish Dancing

Call 306-569-3927 for more information.
Wednesday, 8:45-9 a.m.
Victoria Club, 1300 Victoria Ave.

Salsa dancing

Sept. 30, 8:30 p.m.
Café Mado Villa Freehouse, 2062 Albert St.

Continued on Page 16

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Square Dancing
Learn to square dance: First two nights free.
Thursdays, 8-10:30 p.m.
St. James Anglican Church, 1105 Empress St.

Ballad Night: The Celtic Dunes
with music by Moriah
Oct. 2, 10:00-10:30 p.m.
Northeast Community Centre, 160 Broad St. N

Minus One Club Dance
Featuring Prairie Pride
Oct. 2, 8 p.m. - midnight
Regina Senior Citizens Centre, 204 Whiting St.

Latin Lounge
Oct. 5, 8:00 p.m.
Artful Dodger, 1631 18th Ave.

SPORTS

Women's hockey
U of R Cougars vs. Calgary
Oct. 2, 7 a.m. Cooperators Centre, Vista Place

Men's volleyball
University of Regina Invitational
Oct. 2 and 3 U of R Centre for Kinology, Health and Sport

Ultimate Frisbee
Canadian Prairie University Ultimate Championships
Oct. 3 and 4
Regina Rugby Club, 4025 15th Ave.

Women's hockey
U of R Cougars vs. Calgary
Oct. 3, 3 p.m. Cooperators Centre, Vista Place

Regina Pats vs. Brandon
Oct. 3, 7 p.m. Brendt Centre

Regina Pats vs. Calgary
Oct. 4, 4 p.m. Brendt Centre

FOR FAMILIES

Stars and Stripes
Wednesday, 1 p.m.
Clingens Odeon Southland Mall, 3025 Gordon Rd.



Calgary's Oktoberfest at the Grosse Pointe on Friday and Saturday. (COURTESY PHOTO BY MICHAEL BELL)

Build and Grow Clinics
Build a special feature and/or for children ages 8 and up.
Saturdays, 10 a.m.
Lewes, 4555 Gordon Rd.

Michael's Kids Club
Saturdays, 10 a.m. - noon
1068 Prince of Wales Dr.
Family Favorites Films
Enjoy a favourite film for \$2.50.
Saturdays, 1 a.m. Galaxy Cinema
420 McCarthy Blvd. N.

Oktoberfest event:
Face painting, disco bouncers, porches, balloons, costumes and much more.
Oct. 3, 2-5 p.m.
German Club, 1727 St. John St.

Family activities:
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Sundays, 2-4 p.m.
Mendota Art Gallery, 3470 Albert St.

Super Sunday Movies
A different family movie each week.
\$2 per person. Snacks available for purchase.
Sundays, 3:30 p.m.
Royal Saskatchewan Museum, 2645 Albert St.

Science Time for Kids
Interactive workshop aimed at early learners.

Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Drop-in crafts and gym
Free event for youth aged 5-16. Tuesdays, 4-6 p.m.
Eastview Community Centre, 615 6th Ave.

MUSEUMS

Alex Yeck School Museum
16:00 4th Ave.
Yours by appointment only (306-023-3000).

Government House Museum & Heritage Property
4631 Dewdney Ave.

Open daily 9 a.m. - 5 p.m.

SCMP Heritage Centre
1907 Dewdney Ave.
Open 10 a.m. - 6 p.m. daily

Regina Firefighters Museum
1203 Ross Ave.
Tuesday a presentation (306-773-7714).

Regina Floral Conservatory
1308 4th Ave.
Open daily 1-4:30 p.m.

Royal Saskatchewan Museum
2645 Albert St.
Open 9:30 a.m. - 5 p.m. daily.

Saskatchewan Military Museum
1600 Elphinstone St.
Open Monday and Thursday, 10-5 p.m., or by appointment (306-347-9349).

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m. - 5 p.m.
Saturday-Sunday and holidays, noon-6 p.m.
Closed Mondays

Saskatchewan in Sports Hall of Fame
2200 Victoria Ave.
Monday-Friday 10 a.m. - 4:30 p.m., Saturday-noon-5 p.m.

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m. - 1 p.m.
City Square Plaza, 12th Avenue and South Street

SCMP Sergeant Major's Parade
Wednesdays, 12:45 p.m.
SCMP Depot Division, 5600 15th Ave.

All Nations Healer's True Arts
Learn to play music, dance and perform in free arts-based workshops, cultural teachings and employment workshops. For people ages 18 to 22 on a budget.
Wednesday, Monday and Tuesday, 5-7 p.m. (supper 6-8 p.m.)
Tuesdays, 1940 McIntyre St.

EVENTS

Smart Policing and the Challenge of Harassment Online
Dr. David H. Dwyer to discuss changes in policing.
Sept. 30, 5 p.m.
Education Building room 191, University of Regina

Purpose and Productivity Workshop
Facing overwhelmed at work? Join this productivity workshop to discover research-based approaches to managing your projects, email, meetings, and time more effectively.
Oct. 1, 9 a.m. - 4 p.m.
University of Regina Language Institute

Lib Distillers Tasting Event
Oct. 1, 7 p.m.
Rushwick, 2206 Dewdney

Life Drawing Sessions
No formal instruction, all skill levels encouraged. Model will be made with the exception of a few special costumed sessions. Bring your own drawing materials. \$2.
Thursday, 7-10 p.m.
Creative City Centre, 1843 Hamilton St.

U of R Terry Fox Run
Live entertainment, carnival-themed games and food, campus-wide relay. Available online.
Oct. 2, 9 a.m. - 6 p.m.
U of R Riddell Centre Multipurpose Room

Clashfest
Food and drinks, live music and more. Oct. 3
German Club 1727 St. John St.

Trade, Craft & Bake Sale
Oct. 2, 5-8 p.m.
Oct. 3, 9 a.m. - 3:30 p.m.
Holy Trinity RC Ch., 5020 Sherwood Dr.

Model, Sewal & Teas robeake course
Oct. 3, 9 a.m.
Beaver Creek Ranch in Lundrum, 31 km NW of Regina

Clothing giveaway
Phone 366-543-9786 for more information.

Oct. 3, 9:30-11:30 a.m.
Prince of Peace Lutheran Church,
130 McCarty Blvd. N.

Remembrance Sale
Fundraiser for Cathedral Villages Arts Festival.
Oct. 3, 9:30 a.m. - 3 p.m.
Cathedral Neighbourhood Centre,
2900 12th Ave.

Jigsaw Puzzle Sale
Oct. 3, 10 a.m. - 1 p.m.
St. Paul's Anglican Cathedral, 1040 McIntyre St.

Beauty and Vitality Fall Expo
Oct. 3, 10 a.m. - 5 p.m.
Oct. 4, 11 a.m. - 5 p.m.
Conexus Arts Centre Convention Hall

Warehouse District Gastro-Brew-fest
Beer garden, stage with live bands, artists and dancers, children's area, and more.
Oct. 3, 6 a.m. - 9 p.m.
Rushwick, 2206 Dewdney Ave.

Ontario Canada Stone Strall
Assenette Valley
Oct. 3, noon-3 p.m.
Behind the Royal Saskatchewan Museum, 2440 Albert St.

Sask Games Fundraiser
Oct. 3, noon-6 p.m.
AT&T Golden, 1631 10th Ave.

Victorian Tea
Reservations required by Friday. Call 639-571-7123.
Oct. 3, 3-6 p.m. Government House, 4607 Dewdney Ave.

Silent Hearts
Personal loss awareness walk and run. 2.5 km walk or 5 km run.
Oct. 3, 9 a.m. - 10:30 a.m.
Wascana Centre, 2180 22nd Ave.

Manicure Ball
Live entertainment, drinks, prizes, live music. Personal event; manicure is required. Fundraiser for 2016-17 House women's shelter. For tickets (\$100), visit www.manicureball.ca.
Oct. 3, 7 p.m. Hotel Saskatchewan, 2025 Victoria Ave.

CIBC Run for the Cure

What you need to know to plan your week.
Send events to QC@leaderpost.com



Fun On The Phone is showcasing at the Regina International Film Festival

Breast Cancer Foundation Fundraiser
Oct. 4, 8 a.m. - noon
Conexus Arts Centre, 200 Lakeshore Dr.

The Power of an Untoppable Woman
Dr. Ross Beckman teaches women to stand up for who they are and what they believe in. Shopping, wine, food, fashion & hair and more. \$40.
Oct. 4, 9 a.m. - 4 p.m.
Travelodge, 6177 Albert St.

Staten in Spirit Vigil
Pole ceremony and a heart, candlelight vigil and round dance to honour missing and murdered indigenous women.
Oct. 4, 6 p.m. - midnight
First Nations University

Bridge lessons
Learn to play bridge or improve your game. Call 336-556-7544 for more information. Mondays, 6:30 a.m. - 9:45 a.m.
Oct. 5

White for seniors
For more information call Mary 306-789-9962 or 306-789-1368.
Tuesday, 9:30 a.m.
East sanctuary, Living Spirit Centre,

3010 Dean Dr.
ChessDay Challenge
Group-in gathering of board game enthusiasts.
Tuesday, 6 p.m. - midnight
Boscon Plaza, 545 Albert St. N.

Farming Myths
Get the real dirt on farming and food production in Saskatchewan.
Oct. 6, 6-7 a.m.
Sherwood Village Library, 6101 Rockdale Blvd.

REGINA INTERNATIONAL FILM FESTIVAL & AWARDS

All events take place at Conexus Arts Centre, 200 Lakeshore Dr. For more information, visit riff.ca.

Oct. 2
10e.m. - 12:30 p.m. Q&A session
4-8:30 p.m. Film Screening, The Red Thunder / Five Card Draw
Oct. 3

Harvestale, Sober, Arrival of the Birds, Cat and Bird, Monero, The Visions, Mother in the Name of Millions, White, Christmas Skin

6:30-7:30 p.m. Story & Ben concert
8-10:30 p.m. Film Screening: Dennis is Dead, Head to Head, Dr. Isaac-Bell, Fragmenting Charlie, Intimidated People, Still Dead, St. Lancelot, Mocha A Splendid Affair

10:30-11:30 p.m. Desert Island Classics concert
Oct. 3

10:30e.m. - noon Q&A
1-3:30 p.m. Film screening: Connel, Torn in America, The Quiet Toll, Fridge, Power to King & Grace, Sublime Crashed, One Second Changes Everything, Euthanasia, Yuli on the Phone

3:30-4:30 p.m. Hyle concert
6-8 p.m. Awards red carpet
8-11 p.m. Awards ceremony
Continued on Page 18

EVENTS

FILM

How To Change the World

Documentary

In 1971, a group of friends set into a nuclear test zone, and their protest captures the world's imagination. Using archival footage that brings their extraordinary world to life, this is the story of the pioneers who founded Greenpeace and defined the modern green movement.

Chemical

Documentary

Ana Ameyaw Anas has been called the James Bond of Ghanaian journalism. He has exposed a sex trafficking ring by masquerading as a bartender, uncovered duplicate convictions in Accra's Prisons Hospital by admitting himself and posed as a Crown Prince in order to bypass a rebel checkpoint. While Anas' unorthodox methods add intrigue throughout Ghana, his face is unknown to the public.

Regina Public Library Theatre
210 12th Ave., 306-777-5304

To The Arctic 3D

Documentary

A mother polar bear and her twin seven-month-old cubs navigate the changing Arctic wilderness as they call home. They struggle to survive in a fragile environment of melting ice, immense glaciers, spectacular waterfalls and majestic snow-bound peaks. Narrated by Meryl Streep.

Journey to the South Pacific

Documentary

Narrated by Cate Blanchett, this is a breathtaking adventure to the tropical islands of West Papua, where life flourishes above and below the sea. As a young island boy takes us on a journey to encounter whale sharks, sea turtles, marlin rays and other creatures of the sea.

Jerusalem

Documentary

A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 3,000 years. The film follows three young Jerusalemites and their families – Jewish, Christian and Muslim – as archaeologist Dr Joel Magna explores some historical sites in the region. Narrated by Benedict Cumberbatch.

Kramer Inter

2963 Powershouse Dr.
306-522-6629

NEW MOVIES

Legend

Thriller

Based on the true story of Donald and Reginald May, identical twin painters who terrorized London during the 1950s and '60s. Starring Tom Hardy.

The Mortal

Action

During a fierce dust storm on the planet Mars, NASA astronaut Mark Watney (Matt Damon) is trapped by an antenna, which destroys his suit's life-monitor computer. His crewmates presume he's dead and flee the planet, leaving him behind. Mark's injury is turned out to be minor, but he must now try to survive, with few supplies, on his own. Based on the book by Andy Weir.

Galaxy Cinema
620 McCarthy Blvd. N.
306-632-9098

Cineplex Odeon
Southland Mall Cinema
3025 Gordon Rd., 306-685-3262

Reflexion Cinema
Golden Mile Shopping Centre
2605 Albert St., 306-359-5250

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OUTSIDE THE LINES

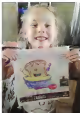


Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to sp@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Chloe Kovacs**. Congratulations! Thanks to all for your wonderful submissions. Try again this week!



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ON THE SCENE

#INDIA SUPPER NIGHT

It was a celebration of cuisine, community and culture: The 33rd India Super Night, held Sept. 26 at the Concordia Arts Centre, raised approximately \$400,000 for Mother Teresa Mission School. Since 1999, the annual fundraising event, hosted by the India Canada Association of Saskatchewan, has raised more than \$600,000 for social and child charities. The keynote speaker at this year's event was media personality and finance expert Prash Bhatnagar.

QC PHOTOS BY MICHAEL BELL



1. Madhu, Sam and Anshu Kumar

2. Shovan, Poojima and Dakshina Murthy

3. Kathy Lloyd and Pooja Saini

4. Alene Young, Warren McCall and Thomas Sabouni

5. Vani Mittal, Maurice Naylor, Shuchi Son and Peter Suri

6. Seema Grewal and Nidhi Verma

7. Ash Nautsain and Mercy McDowell

8. Nicole Tomblin and Madison DeWolf

9. Trent and Loraine Pieser

10. Wendy Bodnar and Bernice Casagata

11. James Rose and Jaziri Babin

12. Sebastian Jibarralia and Im-Doo

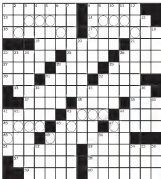


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "Take you with"
 8 Rubik's cube on line
 12 ... fall
 16 Side car for TV
 18 David Rea documents
 19 Hissed on all four
 19 Continually increasing
 21 Lyrics amended
 22 Legend of U.S. take-up
 22 volume after the bar
 25 Not a Lieke
 25 Piece of cake!
 26 Most makes
 27 Indivisibly
 28 Cause an early night
 29 Sleep
 30 Ziti
 30 Turkey has a make
 31 Victor Dreyer
 32 Hissed in shock
 32 What second-hand
 32 boxes are part of
 37 Andy of cartoons
 38 I can't get but can't
 39 The comedy unit
 41 Black hole in
 41 Shakespeare
 43 "Dear"
 44 "Dear"
 45 "Dear"



DOWN

- 3 The pink
 3 Part of 3000
 3 Most coating
 4 Most popular of '90s
 4 The "P" word
 5 Not a Lieke
 5 Piece of cake!
 5 Most makes
 5 Indivisibly
 5 Cause an early night
 5 Sleep
 5 Ziti
 5 Turkey has a make
 5 Victor Dreyer
 5 Hissed in shock
 5 What second-hand
 5 boxes are part of
 5 Andy of cartoons
 5 I can't get but can't
 5 The comedy unit
 5 Black hole in
 5 Shakespeare
 5 "Dear"
 5 "Dear"
 5 "Dear"

DOWN

- 10 U.S. members between
 10 Rome and Pakistan
 10 Afghanistan
 10 "Dear"
 10 "Dear"
 10 "Dear"

JAMNIE
CLASSIC
SUDOKU

Level: Easy

Fill in the blank cells
 using numbers 1 to 9.
 Each number can appear
 only once in each
 row, column and 3x3
 block. Use logic and
 process of elimination
 to solve the puzzle.
 The difficulty level
 ranges from (easiest)
 to (hardest).



ACROSS: 1. TAKE YOU WITH

- 36 Hissed in the
 36 The "P" word
 36 Most coating
 36 Most popular of '90s
 36 The "P" word
 36 Not a Lieke
 36 Piece of cake!
 36 Most makes
 36 Indivisibly
 36 Cause an early night
 36 Sleep
 36 Ziti
 36 Turkey has a make
 36 Victor Dreyer
 36 Hissed in shock
 36 What second-hand
 36 boxes are part of
 36 Andy of cartoons
 36 I can't get but can't
 36 The comedy unit
 36 Black hole in
 36 Shakespeare
 36 "Dear"
 36 "Dear"
 36 "Dear"

DOWN: 1. TAKE YOU WITH

- 10 U.S. members between
 10 Rome and Pakistan
 10 Afghanistan
 10 "Dear"
 10 "Dear"
 10 "Dear"



AHH...SATURDAY MORNINGS

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WINE WORLD

WINE WORLD

Pinotage gains foothold in Canadian market

By James Romanow

There are few wines in the world so sure to divide the crowd as quickly as Pinotage. Way back in the 1930s Louis Pienaar, a South African, crossed crossed with good luck and then more or less forgot about it for 50 years. Another researcher grubbed the results in a vineyard and eventually the resulting wine became fairly popular in S.A.

Today, with the increased popularity of pinot noir the wine has gained a foothold in the Canadian market as it shares some of the personal characteristics — medium to light bodied, soft tannins and an ability to pair with a wide variety of food.

Somewhere in the last couple of decades some winemakers have managed to get quite earthy/smoky flavours from the wine, which again divides the crowd. Some people love the flavour and others hate it. I've heard it described as everything from "dirty coffee" to "glacéaux".

The Grinder is a new listing here, and its takes a coffee grinder practically on the front label. I expected strong coffee flavours from this wine but it is actually pretty subtle. There is a hint of black coffee finish that the dark fruit is more dominant as the nose and palate. This is like most Pinotage — a wine that seems happy if you eat meat alongside it in



paired to barbecued pork chops with it, but a lot of people tell me they drink it with South east style barbeque or ribs. If you've never had a Pinotage and want to branch out I can recommend this one. It isn't too extreme and is in fact a very well-made wine.

The Grinder Pinotage 2010 \$19.99
Wines for Thanksgiving here and on Monday's paper and week. More on Twitter @drhewes.

Crossword/Sudoku answers

| | |
|---------------|----------|
| ATTARBOY | ATONS |
| SIAMUSSE | CAMELOS |
| SCRULLIS | CRANLIED |
| SLOWBURN | AME |
| TARDE | EASY |
| ORUM | ORUM |
| ATOE | ACNE |
| CIPPO | CIPPO |
| TOM | ISAK |
| NICA | NICA |
| NEWMANAGEMENT | |
| CAPP | LANA |
| ENS | ENS |
| LEONS | SAM |
| PIELA | PIELA |
| FAMV | FAVRE |
| NOBIS | NOBIS |
| CHI | LOAM |
| SOL | SOL |
| HANSARP | HUMPOAT |
| IGNITE | USORONG |
| SODAS | WESTJET |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 9 | 3 | 6 | 1 | 7 | 2 | 8 |
| 1 | 2 | 7 | 5 | 8 | 9 | 3 | 6 | 4 |
| 6 | 8 | 3 | 2 | 4 | 7 | 9 | 5 | 1 |
| 2 | 7 | 8 | 6 | 5 | 4 | 1 | 9 | 3 |
| 9 | 6 | 5 | 8 | 1 | 3 | 4 | 7 | 2 |
| 3 | 1 | 4 | 9 | 7 | 2 | 5 | 8 | 6 |
| 8 | 9 | 2 | 4 | 3 | 5 | 6 | 1 | 7 |
| 5 | 4 | 1 | 7 | 2 | 6 | 8 | 3 | 9 |
| 7 | 3 | 6 | 1 | 9 | 8 | 2 | 4 | 5 |

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| 2014 MITSUBISHI RVR \$22809 | 2005 LEXUS LS430 LUXURY SEDAN \$14209 | 2014 LEXUS IS350 SPORT \$46902 | 2014 MAZDA LEATHER-LOADED \$26809 | 2009 ACURA MX6 \$25209 |
| 2014 FI CRUISER ONE PRICE ONLY \$42900 | 2011 BMW 335i XDRIVE \$34809 | 2015 AUDI A3 S-LINE QUATTRO \$46902 | 2012 KIA SORENTO EX \$24209 | 2010 TOYOTA YARIS \$11209 |

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